

Golden Student Life and Youth Period - The Right Period for Building of Precious Human Life

Volume - 9

(The contents of this booklet have been taken out from the newly prepared Text Book titled "Life Building Science" on a newly conceived and designed subject of "Value Education for Life Building and Successful Living" for study by our modern students)

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This booklet is meant for free distribution amongst our dear modern students, with a fervent prayer to them to kindly study the booklet earnestly and meticulously, put the knowledge gained from the teachings contained in the book into practice in their day-to-day lives sincerely and diligently, and thereby, derive immense benefits for themselves throughout their lives. This is in their own interest and for their highest welfare and supreme good.

They are also requested to kindly bring this booklet to the knowledge of maximum number of their classmates and friends so that they also can derive similar benefits for themselves.

Views of Students; Teachers and Professors; School, College and University Authorities; Educationists and Academicians; Parents and Guardians and all other Readers, on this booklet are humbly and earnestly invited in the following address:-

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PRAYERS

धीयो यो नः प्रचोदयात्

May That Supreme Being impel our intellect
towards the right path.

असतो मा सद्गमय ।
तमसो मा ज्योतिर्गमय ।
मृत्योर्मा अमृतं गमय ॥

Lead us from unreal unto Real,
Lead us from darkness unto Light,
Lead us from death unto Immortality.

आ नो भद्राः क्रतवो यन्तु विश्वतः

Let noble thoughts come to us from all sides.

सा विद्या या विमुक्तये

Knowledge is that which liberates.

उत्तिष्ठत जाग्रत प्राप्य वरान्निबोधत ।

Arise ! Awake ! Having reached the
great (teacher), learn (realise that Atman).

अज्ञानतिमिरान्धस्य ज्ञानाञ्जनशलाकया ।
चक्षुरुन्मीलितं येन तस्मै श्रीगुरवे नमः ॥

I prostrate to that Sadguru, Who opens, with the
Collyrium-stick of Knowledge, the eyes of him who
is rendered blind by the darkness of ignorance.

ॐ सह नाववतु । सह नौ भुनक्तु ।
सह वीर्यं करवावहै । तेजस्विनावधीतमस्तु मा विद्विषावहै ॥
ॐ शान्तिः शान्तिः शान्तिः ।

May He (The Supreme Being) protect us both (the teacher
and the taught). May He cause us both to enjoy the bliss of
Mukti (liberation). May we both exert to find out the true
meaning of the scriptures. May our studies be fruitful.

May we never quarrel with each other.

वसुधैव कुटुम्बकम्

The whole universe is one family.

ॐ सर्वेषां स्वस्ति भवतु । सर्वेषां शान्तिर्भवतु ।

सर्वेषां पुर्णं भवतु । सर्वेषां मङ्गलं भवतु ॥

May asupiciousness be unto all,

May peace be unto all,

May fullness be unto all,

May prosperity be unto all.

सर्वे भवन्तु सुखिनः सर्वे सन्तु निरामयाः ।

सर्वे भद्राणि पश्यन्तु मा कश्चिद् दुःखभागभवेत् ॥

May all be happy,

May all be free from disabilities,

May all behold what is auspiciousness,

May none suffer from sorrows.

लोका समस्ता सुखिनो भवन्तु ।

May Happiness be unto all Beings.

ॐ पूर्णमदः पूर्णमिदं पूर्णात्पूर्णमुदच्यते ।

पूर्णस्य पूर्णमादाय पुर्णमेवावशिष्यते ॥

Om ! That (Brahman) is full. This (Universe) is Full.

From That (Brahman) Full, this (Universe) Full has come.

When this (Universe) full is taken from That (Brahman) full,

It (Brahman) always remains Full.

Peace be to the East ! Peace be to the West !

Peace be to the North ! Peace be to the South !

Peace be above ! Peace be below !

Peace be to all creatures of this universe !!

ॐ शान्तिः शान्तिः शान्तिः ।

Om ! Peace, Peace, Peace.

Life Building Science

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Life Building and Successful Living — Ways and Means — III

Introduction

Golden Student Life and Youth Period — The Right Period for Building of Precious Human Life

(We have discussed in the previous write-up on "Life Building and Successful Living — Ways and Means — I — Introduction — Precious Human Life and Its Proper Building" that, as stated in our ancient Spiritual Scriptures and as said by our *Rishis*, *Munis*, Saints and Sages, and according to our great, glorious, lofty, unique and ideal ancient Indian Culture or *Bharatiya Sanskruti*, human life upon this earth plane is precious; that human beings need to make endeavours to attain liberation of their individual souls from the cycle of births and deaths or *Moksha* in their present human birth itself; that they need to live both "Spiritual Life" and "Secular Life"; and that they need to achieve some great goals in their life, so that they can live their precious human life upon this earth plane ideally and successfully, i.e. completely, purposefully, prosperously, happily and peacefully.

We have also discussed in the previous write-up up "Life Building and Successful Living — Ways and Means — II — Introduction — Great Goals of Precious Human Life and Their Achievement" that human beings need to achieve all the four great goals of ideal human life so that they can live their precious human life upon this earth plane ideally, successfully, completely, purposefully, prosperously, happily and peacefully; and thereby, they can derive everlasting happiness and eternal peace, with permanent cessation of sorrows and sufferings of human life. We have further discussed that the precious human life, to be lived so ideally and successfully during the whole life span, greatly needs to be built up rightly and that too, at the right time of life. In this write-up, we will discuss about which is the right time to build the precious human life rightly?).

Now, we will discuss the second question, i.e. which is the right period of precious human life to build the same rightly, in this write-up.

As stated in our ancient Spiritual Scriptures and according to our great, glorious, lofty, unique and ideal ancient Indian Culture or *Bharatiya Sanskruti*, human life has four stages i.e. student life, household life, retired life and renounced life. Those stages of human life are stated in our ancient Spiritual Scriptures as *Brahmacharya Ashrama*, *Gruhastha Ashrama*, *Vanaprastha Ashrama* and *Sannyasa Ashrama*.

The precious human life is built during *Brahmacharya Ashrama*, the first part of human life, i.e. the stage of student life and youth period of, say, 20 to 25 years. This is the right period for human beings to build their life rightly. Because, this period is the formative stage in the life of human beings. And during this period, human physique is generally found in a growing state; and human mind remains tender, lies in a highly impressionable state and is very receptive. Therefore, it is very easy for human beings to build their life rightly during this period of human life.

Students can build their precious human life rightly during their *Brahmacharya Ashrama*, i.e. their golden student life and youth period, by laying the foundation of their precious human life properly and strongly; and by constructing the superstructure of their future life upon the same completely, properly, strongly and nicely. If they can do so, they can live the remaining three parts, which is a long period of their precious human life, say, ideally, 75 years, in *Gruhastha Ashrama*, *Vanaprastha Ashrama* and *Sannyasa Ashrama*, ideally, successfully, completely, purposefully, prosperously, happily and peacefully. Thus, precious human life upon this earth plane can be said to be lived ideally.

Hence, this short student life and youth period of, say, 20 to 25 years, is the golden period of human life; and is meant

and also is most suitable for building of the precious human life. Therefore, students need to utilise this golden period of human life for building their precious human life rightly.

But once this student life and youth period, the golden period, passes away, it will be extremely difficult for students to lay the foundation of their precious human life properly and strongly at a later stage. This can be explained with the help of an example. A potter can give any shape to raw clay, mixed with water, to make various types of earthenware such as pots, cups, bowls, plates, glasses, toys, etc. He can also change the shape of one type of raw earthenware to another type, because at this stage the wet raw clay remains soft and therefore, it is amenable to any kind of change. But once the shaped wet raw earthenware is burnt in the fire, the same becomes hard and not amenable to change and thereafter, the potter can not change the shape of the burnt and hardened earthenware.

Therefore, students need to utilise this golden student life and youth period of their life most profitably for laying the foundation of their precious human life properly and strongly. But if they do not do so during their golden student life and youth period, they can not lay a proper and strong foundation of their life in the later stage of their precious human life. And also, upon a weak foundation of their life, they may not be able to construct the superstructure of their future precious human life completely, properly, strongly and nicely. Consequently, they may not be able to live their future precious human life ideally, successfully, completely, purposefully, prosperously, happily and peacefully. In that case, they are most likely to spend the remaining long period of their precious human life of, say, ideally, 75 years, with failures, sorrows, sufferings, miseries, unhappiness and peacelessness. And in the event of such a state of things, they will have to lament and repent throughout their whole long life.

Now, the first question, i.e., how students need to build

their precious human life rightly during their golden student life and youth period so that they can live their future precious human life ideally, successfully, completely, purposefully, prosperously, happily and peacefully comes ? We will discuss the same, in details, in the next two write-ups on "Life Building and Successful Living — Ways and Means — IV — Building the Precious Human Life — Laying the Foundation of Precious Human Life"; and "Life Building and Successful Living — Ways and Means — V — Building the Precious Human Life — Constructing the Superstructure of Precious Human Life".

Questions

1. What are the four stages of human life according to our Indian Culture or *Bharatiya Sanskruti* ? (Marks - 5)
2. Which stage of the precious human life is the right stage for building it rightly and why? (Marks - 5)
3. Why is student life and youth period the golden period in human life? (Marks - 5)
4. How can student build their precious human life rightly during thier golden student life and youth period?
(Marks - 3)
5. What is the purpose of building precious human life rightly ? (Marks - 3)
6. If students will not build their precious human life rightly thier student life and youth period, why will it be extremely difficult for them to do so at a later stage of their life ? Please explain the same with the example of a potter's making earthen pots. (Marks - 5)
7. What benefits students will get by building their precious human life rightly during their student life and youth period ?
(Marks - 5)

Dear Modern Students !

You can study the soft copy of other write-ups and all other lessons on the subject of "Life-building, Character-building and Man-making Education", which are contained in the newly conceived, designed and prepared Text Book titled "Life Building Science", in the Internet Archive.

You can do so by accessing internet through any browser, logging in <archive.org>, clicking - <Advance Search> (A box of fields will appear on the screen), typing <Mohan Lal Agrawal> in the field "Creator" and clicking <Search>. The above books in PDF format will be displayed.

List of Complete Publications and Videos of the Author

A. Publications

Students related publications

1. Youth ! Arise, Awake and Adopt the Right Path of Life (16 volumes)
2. Value Education for Life building and Successful Living
3. Life Building Science (Text Book)
4. Valedictory Address to Modern Students
5. Students' Awareness Programme
6. Noble Character, Ethical Conduct and Celibacy

Teachers related publications

1. Teaching Profession - Its True Dimensions
2. Teachers' Orientation Programme

Other publications

1. God's Unique Gifts to Modern Mankind - Swami Sivananda and Sivananda Literature (02 volumes)
2. Lead us from darkness unto Light (02 volumes)

The soft copies of all the above books are available in the "Internet Archive" and can be searched / accessed as under:-

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- Click <Search>. The above books will be displayed.

B. Videos

Students, as well as Teachers, Parents and Guardians can watch one 04 Days Students' Awareness Programmes on "Value Education for Life Building and Successful Living", with

one Teachers' Orientation Session, organised at IDM Public School, Bolangir, Odisha during 2019, by accessing and subscribing YouTube Channel with the name <Mohan's Value Education>, (Link:- https://www.youtube.com/channel/UCRKu88g4_8o5OiigWI0owZQ).

Students, as well as Teachers, Parents and Guardians can watch the Certificate Course on "Life Building and Successful Living", with one Teachers' Orientation Session, organised at IDM Public School, Bolangir, Odisha during 2019, by accessing and subscribing YouTube Channel with the name <Life Building Science>, (Link:-https://www.youtube.com/channel/UC_engDsJG4yfEEM6e9UQuEA); and also in the aforesaid Internet Archive.

In case one "01 Day Students' Awareness Programme", with the write-ups of the book titled “Students’ Awareness Programme”, is organised in future in some school, our revered Students and our revered Heads of Schools, Colleges and Universities can watch its video recording, with the episodes commencing with the name "ODSAP", by accessing and subscribing YouTube Channel with the name <Mohan's Value Education>, (Link:- https://www.youtube.com/channel/UCRKu88g4_8o5OiigWI0owZQ).

In case one "01 Day Teachers' Orientation Programme", with the write-ups of the book titled "Teachers' Orientation Programme", is organised in future in some school, our revered Teachers and our revered Heads of Schools, Colleges and Universities can watch its video recording, with the episodes commencing with the name "TOP", by accessing and subscribing YouTube Channel with the name <Mohan's Value Education>, (Link:- https://www.youtube.com/channel/UCRKu88g4_8o5OiigWI0owZQ).